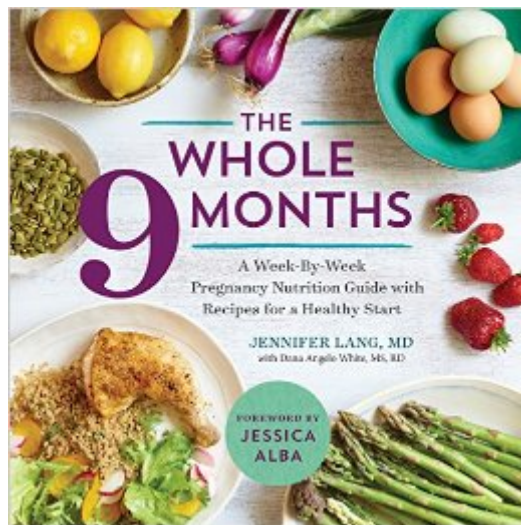


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# The Whole 9 Months: A Week-By-Week Pregnancy Nutrition Guide With Recipes For A Healthy Start



## Synopsis

Iâ™m thrilled that Dr. Lang has put her valuable knowledge into these pages. With this book in your hand, you are on your way to putting your health first and setting your baby up for lifelong wellness. â€œJESSICA ALBA, co-founder of The Honest Company Good For Baby, Good For You Dr. Jennifer Lang has worked for decades in support of maternal and infant health. As an OB-GYN, activist, and mother herself, she knows the importance of pre-natal nutrition to mother and baby and how overwhelming all of the information available can be. The Whole 9 Months is your all-in-one pregnancy book to answer the questions youâ™ll have at every trimester. Through simple nutritional guidelines, up-to-date pregnancy research, and real mom-to-mom advice, youâ™ll discover how easy it can be to make good food choices for your body while growing a healthy, happy baby. This invaluable pregnancy nutritional guide contains: Information on essential baby-building nutrients, daily consumption needs, and where to find them in foods More than 100 quick and easy recipes for a variety of dietsâ€¢including vegetarian, vegan, and gluten-freeâ€¢with nutritional information for each recipe Suggestions and swaps (and other helpful tricks) to combat nausea and cravings Eating guides that outline what to eat (or not) while pregnant, best food choices if you have gestational diabetes, foods that stimulate breast milk production, and much more! â€œEating for twoâ€¢is the most important eating that youâ™ll ever doâ€¢and The Whole 9 Months is the most comprehensive pregnancy book to help you do it right.

## Book Information

Paperback: 250 pages

Publisher: Sonoma Press (September 20, 2016)

Language: English

ISBN-10: 1943451486

ISBN-13: 978-1943451487

Product Dimensions: 8 x 0.6 x 7.9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Best Sellers Rank: #7,667 in Books (See Top 100 in Books) #22 inÂ Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth #429 inÂ Books > Cookbooks, Food & Wine #498 inÂ Books > Parenting & Relationships

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